

Rainbow Fruit Salad

Makes: 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Mangos, whole, peeled and diced		4		8
Blueberries		1 qt		2 qt
Nectarines, whole, diced		8		16
Strawberries, hulled, halved		2 qt		4 qt
Grapes, red or green, seedless		1 qt		2 qt
Bananas, whole, sliced		8		16
Kiwi, whole, peeled, sliced		16		32
Orange juice, unsweetened		1 1/2 cup		3 cup
Lemon juice		1 cup		2 cup
Honey		1/3 cup		2/3 cup
Ginger, ground		1/2 tsp		1 tsp
Nutmeg, ground		1/2 tsp		1 tsp

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	80	
Total Fat	NA	
Protein	1 g	
Carbohydrates	23 g	
Dietary Fiber	3 g	
Saturated Fat	NA	
Sodium	NA	

Directions

1. To make dressing, combine orange juice, lemon juice, honey, ginger and nutmeg. Whisk well to completely mix dressing.
2. Prepare all of the fruit as listed. To minimize browning of fruit, place in bowl with dressing as soon as it is prepared.
3. Toss lightly to coat evenly.
4. Cover bowl with wrap and refrigerate until served.
5. Serve 1/2 cup (4 ounces).